



Julia Zhu Xiaoli

Senior Nurse Clinician (Wound Care), Nursing Services, NHGP
Clinician Scientist Fellow, Lee Kong Chian School of Medicine

Research Interests:

- Wound Care
- Diabetic Foot/Wound Care
- Patient and Public Involvement Research
- Self-care/management Intervention
- Health Psychology

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Biography

Julia Zhu is a Senior Nurse Clinician (Wound Care), Chair of Nursing Wound Care Community of Practice, and a Co-chair of Wound Care Curriculum Committee and Nursing Research Community of Practice at the National Healthcare Group Polyclinics. She is also a member of Wounds iCare Collaborative Clinical and Research Workgroup and DM Steering Committees at National Healthcare Group. Julia Zhu completed her Nursing Degree at the University of South Australia, followed by Postgraduate Diploma in Wound Management at Monash University, and Masters in Nursing (Clinical Education) at La Trobe University. Currently, she is a PhD candidate at the Lee Kong Chian School of Medicine, Nanyang Technological University.

Selected Publications

- Goh LJ, **Zhu X**. Factors Influencing Self-Wound Care Adoption in Singaporean Communities: A Cross-Sectional Survey. *Journal of Patient-Centered Research and Reviews*. 2024 Oct 15; 11:204-14. doi: 10.17294/2330-0698.2084
- Goh, Ling Jia M Clin Res, MHA, Adv Dip (CCNC), BHS (Nursing), Dip (Nursing with Merit); **Zhu, Xiaoli** MN, RN. Patients' Willingness to Perform Self-Wound Care: A Cross-sectional Study in the Primary Healthcare Sector in Singapore. *Advances in Skin & Wound Care* 37(11&12):p 1-8, 11/12 2024. DOI: 10.1097/ASW.0000000000000234
- Chan FHF, Sim P, Lim PXH, **Zhu X**, Lee J, Haroon S, Lau TWL, Liu AYL, Khan BA, Choo JCJ, Griva K. Structural equation modelling of the role of cognition in functional interference and treatment nonadherence among haemodialysis patients. *PLoS One*. 2024 Oct 17;19(10):e0312039. doi: 10.1371/journal.pone.0312039. eCollection 2024.

- Goh LJ, **Zhu X**. Factors Influencing Self-Wound Care Adoption in Singaporean Communities: A Cross-Sectional Survey. *Journal of Patient-Centered Research and Reviews*. 2024 Oct 15; 11:204-14. doi: 10.17294/2330-0698.2084
- **Zhu X**, Lee ES, Chan FHF, Lim PXH, Chen YC, Griva K. Foot self-care behaviour in primary care patients with diabetic foot ulcers: structural equation modelling of psychological predictors. *International Wound Journal*. 2024 May; 21(5): e14897. doi: 10.1111/iwj.14897.
- Chew EAL, Lee MCL, Bartlam B, Goh LJ, Dong L, **Zhu X**. Between hope and despair: experiences of precariousness and precarity in the lived experiences of recent diabetic amputees in primary care. *Discover Social Science and Health*. 2024 Feb 05; 4(5). doi: 10.1007/s44155-024-00062-8
- Lo ZJ, Harish KB, Tan E, **Zhu X**, Chan S, Liew H, Hoi WH, Liang S, Cho YT, Koo HY, Wu K, Car J. A feasibility study on the efficacy of a patient-owned wound surveillance system for diabetic foot ulcer care (ePOWS study). *Digital Health*. 2023 Oct 6:9:20552076231205747. doi: 10.1177/20552076231205747. eCollection 2023 Jan-Dec.
- Lo ZJ, Tan E, Chandrasekar S, Ooi D, Liew H, Ang G, Yong E, Hong Q, Chew T, Muhammad Farhan MF, **Zhu X**, Ang P, Law C, Raman N, Park D, Tavintharan S, Hoi WH, Lin J, Koo HY, Choo J, Low KQ, Low R, Venkataraman K, Car J, Chew DE; DEFINITE Care collaborators. Diabetic foot in primary and tertiary (DEFINITE) Care: A health services innovation in coordination of diabetic foot ulcer (DFU) Care within a healthcare cluster - 18-month results from an observational population health cohort study. *Int Wound J*. 2023 May;20(5):1609-1621. doi: 10.1111/iwj.14016. Epub 2022 Nov 13. PMID: 36372913; PMCID: PMC10088846.
- **Zhu X**, Lee ES, Lim PXH, Chen YC, Chan FHF, Griva K. Exploring barriers and enablers of self-management behaviours in patients with diabetic foot ulcers: A qualitative study from the perceptions of patients, caregivers, and healthcare professionals in primary care. *International Wound Journal*. 2023 Mar 27. doi: 10.1111/iwj.14153.
- **Zhu X**, Soh BFJR, Lim VH, Wan L, Chen Y, Wang X, Weng J, Goh LJ. Description and Utilization of Telewound Monitoring Services in Primary Care Patients with Acute Wounds in Singapore: A Retrospective Study. *Advances in Skin and Wound Care*. 2022 Oct 1;35(10):544-549. doi: 10.1097/01.ASW.0000855740.66588.17
- **Zhu X**, Olsson MM, Bajpai R, Lim VH, Goh LJ. Factors Associated with Healing Outcomes in Primary Care Patients with Diabetic Foot Ulcers: A Retrospective Study in a Multiethnic Sample. *Advances in Skin & Wound Care*. 2022 Jan 1;35(1):22-29. doi: 10.1097/01.ASW.0000801524.42349.4d
- **Zhu X**, Olsson MM, Bajpai R, Jarbrink K, Tang WE, Car J. Health-related quality of life and chronic wound characteristics among patients with chronic wounds treated in primary care: A cross-sectional study in Singapore. *International Wound Journal*. 2021 Dec 2. doi:10.1111/iwj.13708

- **Zhu X**, Lee M, Chew EAL, Goh LJ, Dong LJ, Bartlam B. "When nothing happens, nobody is afraid!" Beliefs and perceptions around self-care and health-seeking behaviours: Voices of patients living with diabetic lower extremity amputation in primary care. International Wound Journal. 2021 May 06. doi:10.1111/iwj.13587
- **Zhu X**, Goh LJ, Chew E, Lee M, Bartlam B, Dong L. Struggling for normality: experiences of patients with diabetic lower extremity amputations and post-amputation wounds in primary care. Primary Health Care Research & Development. 2020 Dec 16. doi: 10.1017/S146342362000064X

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Bronze Award	2019
NHG-LKCMedicine Clinician-Scientist Fellowship (CSF)	2021
NHG Research & Innovation Awards – Research Impact category	2021
Centre for Primary Health Care and Innovation Seedcorn Funding	2022
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Silver Award	2022
Singapore Health Biomedical Congress (SHBC) Primary Care Research Oral Presentation – Bronze Award	2023
Singapore Health Biomedical Congress (SHBC) Primary Care Research Poster Presentation – Bronze Award	2024

Translating Research Into Healthcare

- 'Wounds can be physical and emotionally draining, wound care is about caring for patients and not just about skills' / '伤口在身也在心 护理有术更有情' featured in Lianhe Zaobao on 12 January 2024
- 'Advancing Patient Care Through Research: My Growth and Learning Journey' featured in LKCMedicine Primary Care Research Network Newsletter June/July 2024